



Tibetan Heritage Primer

Table of Contents for Repkong Junior Student Reading Book

Part I: Tibet

One: Tibetan Circumstances:

Introduction/Environment/Situation

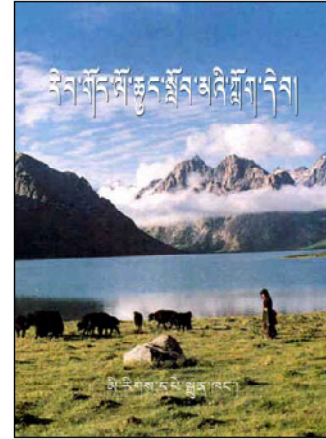
1. What is Tibet: Environment and People
2. Altitude and Weather
3. Why Do People Call Us Tibet
4. Eleven Famous Mountains and Ten Lakes
5. Introduction of Tibet Famous Rivers
6. Tibet's Natural Resources
7. Traditional Division of Tibetan Regions

Two: Tibetan common custom

1. Kata (silk scarf)
2. Darchok (prayer flag)
3. Sang (offering to the mountain, river and spirit protectors)
4. Tsasur (burning Tsampa to feed hungry ghost after a person's death)
5. Labtse (offering at the top of mountains)
6. Lunta (wind horse)
7. Tibetan Customs of Ethics and Respect
8. Tibetan Value of Environmental Protection

Three: Introduction of Well-known Tibetans

1. Founder of Bon religion (Shan Rab)
2. 1st King of Tibet (Nyatri Tsanpo)
3. 33rd King- Unified and made Buddhism the official religion of Tibet (Songtsan Gampo)
4. Groza
5. Founder of Tibetan Medical Text (Yothok Yandan Gongpo)
6. 38th King, Conquered Tibet (Trisong Detsan)
7. Triral Wachan
8. Well known scholar (Podonwa Choklinamgyal)
9. Sakya Pantrida Kunga Gyaltsen
10. Dromdonpa Gyalwi Junrlie
11. Founder of Gelupa Sect (Lama Tsong Khapa)
12. Well known engineer (Tamton Gyalbo)
13. Milerepa
14. 4th Panchen Lama (Panchen Lobsang Choegyal)
15. 5th Dalai Lama
16. Prime Minister of 5th Dalai Lama (Desen Sangjie Gyaltsso)
17. 7 wise people of Tibet



Four: Culture and Art

1. Art of the Potala Palace
2. Art of Thankga and Painting
3. Tibetan Dancing
4. Tibetan Drama
5. Musical Instrument
6. The Story of Gesar Gyalbo

Five: Folk Literature

1. Folk songs and riddles
2. Children's Folk Stories
3. Duikar (like a clown – sing, play music to make people laugh)

Six: Tibetan Festivals

1. New Year
2. Monlam - Buddhist Festival after New Year
3. 3rd month Monlam – Kalachakra Festival
4. Nyummi (fast, pray)
5. 4th day of 6th month
6. 22nd of 9th month – Buddha return to earth
7. Memorial for Lama Tsong Khapa

Seven: Tibetan Athletics and Sporting Events

1. Horse Racing
2. Archery
3. Tug of War
4. Competition of Strength with Stones
5. Yak Riding Competition
6. Competition of Strength
7. Jump Rope
8. Sling Shot Competition